

Quick Reference Phone Numbers

Directorate of Human Resources (DHR)

M&FRC McChord

100 COL Joe Jackson Blvd. (The Castle)
(253) 982-2695

M&FRC Waller Hall

2140 Liggett Ave. (Lewis Main)
(253) 967-7166

Air Force Aid Society

100 COL Joe Jackson Blvd.
(253) 982-27027

Military & Family Life Counselors

(253) 293-2223 | (253) 363-6975

Transition Assistance Program

HAWK Career Center
11577 41st & C St. (Lewis North)
(253) 967-3258 or (253) 967-5599

Family Advocacy Program
(including New Parent Support)
(253) 967-5901

JBLM SafeLine (Domestic Abuse)
(253) 966-SAFE (7233)

Sexual Assault Hotline (SAPR)
(253) 389-8469

Helpful Resources

**JBLM Directorate of Human
Resources (DHR)**
jblmdhr.com

JBLM Family & MWR Information
jblm.armymwr.com

JBLM Key Spouse Link
jblm.armymwr.com/programs/FRG-KS

Military One Source
www.militaryonesource.mil
1-800-342-9647 (24/7)

Spouse Education & Career
Opportunities
<https://myseco.militaryonesource.mil>

Military Spouse
www.military.com/spouse

**Air Force Aid Society
On-Line Application**
www.my.afas.org/memberportal/



Joint Base Lewis-McChord
**Directorate of
Human Resources**

Scan or click this code
to see all DHR flyers



ARMY & FAMILY READINESS CENTER
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jblmDHR     



Key Spouse Program

Joint Base Lewis-McChord

**Key to Information & Referral
for Air Force Resources**



What is a Key Spouse?

- Key Spouses are appointed by the unit commander to perform a vital communication role between the unit and its families.
- Key Spouses assist families in finding available base & community resources.
- Key Spouses provide support to the families of military members during times of need.
- Key Spouses follow the Privacy Act, confidentiality, and mandatory reporting guidelines.
- Every Air Force unit on McChord Field has at least one Key Spouse.

*Interested in becoming a Key Spouse?
See your unit First Sergeant or Commander.*

How is a Key Spouse Important to Me?

- Welcomes you to your unit.
- Improves the morale of the entire unit by truly caring.
- Is a vital link in exchanging information between unit leadership and families.
- Provides a Peer-to-Peer support system on handling military life experiences. They know what it's like. They've been there.
- Directs you to community information, volunteer opportunities and referral services.



How can a Key Spouse Help Me?

- Empathize with your situation.
- Share extensive knowledge of unit and community events.
- Help you get your questions answered.
- Listen when you need to talk.
- Provide support during deployments.
- Help facilitate communication with unit leadership.



WINGMAN TOOLKIT

Visit the Wingman Toolkit (www.wingmantoolkit.org) to find tools like the AF 101, Back to Basics Spouse Support Guide and learn more about the Military Spouse Career Portal. Take the Wingman Toolkit with you on-the-go with the new mobile app for iPhone and Android. Stay connected with the AF community and continue building resilience anytime, anywhere.